



AMAZING EXPERIENCES!

Please visit our website at

[www.fairfaxva.gov](http://www.fairfaxva.gov).



## Four ways to register for classes

**1. ONLINE:** [www.fairfaxva.gov/ParksRec](http://www.fairfaxva.gov/ParksRec).

24 hours a day.

**2. WALK-IN:** Come to the City Hall Office,  
Stacy C. Sherwood Community Center or  
Green Acres Center:

8:30am–5 pm, Monday – Friday.

**3. MAIL-IN:** Signed and completed  
registration forms must be mailed to:  
City of Fairfax Parks and Recreation,  
10455 Armstrong St. Fairfax, VA 22030.

**4. FAX-IN:** Signed and completed  
registration forms must be faxed to  
703-246-6321

### Payment Method Accepted

American Express, Discover, MasterCard or  
Visa

Make checks payable to: *City of Fairfax*.

Payment must be made at the time of  
registration. Assumption of Risk

Waiver, found on registration form, must be  
signed by all participants at time of  
registration. Parent/legal guardian signature  
is required for participants under the age of  
18 years.

# Young at Heart Senior Center Newsletter

## General Information

### Welcome

The City of Fairfax Senior Center invites you to join the ***Young at Heart*** for “*Amazing Experiences!*”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. There is no fee for membership, however a blue registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building.

We look forward to seeing you at the center for a great Fall season!

### Senior Center Location

Green Acres Center  
4401 Sideburn Road  
Fairfax, VA 22030  
703-273-6090  
TTY (711)

### Hours of Operation:

Monday through Friday  
8am to 5pm

### Green Acres Senior Center Staff

**Anne Chase**

Recreation Manager and Senior Center Manager

[anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov)

(703) 359-2487

**Patrick Commerce**

Assistant Senior Center Manager

[patrick.commerce@fairfaxva.gov](mailto:patrick.commerce@fairfaxva.gov)

(703)385-3943

**Jann Hardy**

Recreation Assistant

[jann.hardy@fairfaxva.gov](mailto:jann.hardy@fairfaxva.gov)

(703) 273-6090

**Sonia O'Donnell**

[sonia.odonnell@fairfaxva.gov](mailto:sonia.odonnell@fairfaxva.gov)

Trip Assistant and Front Desk Sub

# Senior Center General Information

## Senior Center Activities at Green Acres Center

*These are ongoing activities that take place at the Senior Center. Mark your calendars so you don't miss out on the fun! More information on activities and programs taking place at the Senior Center can be found on our website at [www.fairfaxva.gov/parksRec](http://www.fairfaxva.gov/parksRec).*

### **Men's Morning Coffee Group**

Every morning 8am-10am. Coffee, breakfast treats and a lively conversation.

### **Current Events Group**

Every Tuesday 1pm-3pm.  
Come discuss the latest topics going on in our world.

### **Mah Jongg**

Every Monday 10am-2pm.  
Similar to the western card game rummy, mah jongg is a game of skill, strategy and calculation involving a certain degree of chance.

### **Fairfax Antique Arts Association**

Third Thursday of each month at 10:15am.  
The Association invites guest speakers to discuss and show their collections.

### **BUNCO**

Every other Friday of the month (visit our website for dates).

### **Pinochle/Mexican Train/Canasta**

Played daily throughout the week starting at 10 am (except Thursdays).

### **NOVA Neighbors Bridge**

At Noon on the first and third Mondays of each month to play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

### **Chess Club**

Every Monday 10 am.

### **Military History with Keith Young**

Every Tuesday 10am-Noon  
Covers military history beginning with the Revolutionary war to the present.

### **Pickleball**

Every Tuesday, Wednesday and Thursday 1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

### **"Fabric Fanatics" Sewing Group**

Last Thursday each month 10 am-3 pm.  
A wonderful way to work on your own project or offer your help for a charitable cause.

### **Millennium Art Guild**

Every Thursday 1 pm to 4 pm.  
Artists bring in their own art projects and supplies. All forms of art are welcome.

### **BINGO**


Every other Friday of the month  
Please check calendar for dates



### **Day at the Races**

Every other Monday of the month.  
Please check calendar for dates.

### **German Conversation**


Meet Thursdays from 10:30 am- Noon for interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....



Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
<b>Labor Day Holiday: Center Closed</b> 	8am: Men's Coffee Group 10am: Canasta 10am: Mexican Train 10am: Military History 11:30am: Strength Training (no class) 1pm: Current Events 1pm-3pm: Pickleball 2pm: Hospitality Committee Meeting	8am: Men's Coffee Group 10am: Pinochle <b>10am- 10:45am S.M.I.L.E. class</b> 11:30am: Zumba (no class) <b>1pm-3pm: Pickleball</b> <b>TRIP: 9:30am Maryland Live! Casino</b> 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Horseshoes 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training (no class) 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group	8am: Men's Coffee Group 9:30am: Tai Chi 10am: Grand Slam Bridge Group <b>10:30am: Bingo</b> 11:30am: Power Walk Club 12pm: Table Games	<b>N. VA Senior Olympics- week</b>
8am: Men's Coffee Group <b>9am: Chair Yoga Class</b> 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am/10:30am: Line Dancing 10am: Mah Jongg / Chess 10:30am: <b>Day at the Races</b> <b>11am: Feldendkrais class</b> 12pm: New Neighbors Bridge 4:30pm-6pm Art Class 7pm-10pm: Clock Repair Class	<b>N. VA Senior Olympics at Green Acres</b> 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 10am: Canasta/ Mexican Train 10am: NVSO Bocce 10am: Military History 10:30am: Mental Aerobics Workshop 11am: NVSO Horseshoes <b>11:30am: Strength Training</b> 1pm: Current Events 1pm-3pm: Pickleball <b>2:15pm: Big Band Dance Fitness</b>	<b>Patriots Day</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am-10:45am S.M.I.L.E. class <b>11am MOVIE &amp; POPCORN</b> <b>11:30am: Zumba Fitness Class</b> 1pm-3pm: Pickleball <b>2:15pm: Barefoot Stretch n Flow</b> 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Horseshoes 9:30am: Adv. Contract Bridge 10:30am: German Conversation <b>11:30am: Easy Strength Training</b> 12:30pm: Marketing Committee 1pm-3pm: Pickleball 2:15pm: Sit & Get Fit 1pm-4pm: Millennium Art Group	8am: Men's Coffee Group 8:30am: Seniorcise  <b>9:30am/10:30am Tai Chi classes</b> 10am: Grand Slam Bridge Group <b>10:30am: Bunco</b>  <b>11am: Rummy</b> 12pm: Table Games	<b>TRIP: 9am Renaissance Festival</b>
8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am: Duplicate Bridge <b>9:30am/10:30am: Line Dancing classes</b> 10 am: Mah Jongg / Chess 11am: Feldendkrais 1pm: Table games 4:30-6pm: Art Class 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 8:30am: Seniorcise 10 am: Canasta 10am: Mexican Train 10am: Military History 10:30am: Mental Aerobics Workshop 11:30am: Strength Training 1 pm: Current Events 1-3pm: Pickleball 2:15pm: Big Band Dance Fitness	8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>10-10:45am: S.M.I.L.E. class</b> <b>Trip: 9:30am Old Towne Alexandria</b> 11:30am: Zumba 1pm-3pm: Pickleball 2:15pm: Barefoot Stretch n Flow 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Adv. Contract Bridge 9:30am: Horseshoes 10:15am: Fairfax Antique Arts Assn. - <i>Summer Collections from Home</i> 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group	Health Day: Flu Shots 9am-2pm 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am Tai Chi classes 10am: Grand Slam Bridge Group 11am: Washington Ear Speaker 11am: Basic Dog Obedience <b>12pm: Salad Works Pot Luck</b> 12:30pm: Corn Hole 5pm: Photo Contest ENTRIES DUE	
8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30 am-11:30am: Line Dancing 10am: Mah Jongg / Chess <b>11am: Feldendkrais class</b> 12pm: New Neighbors Bridge 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class	8 am: Men's Coffee Group 8:30am: Seniorcise (no class) 10am: Canasta 10am: Mexican Train 10am Military History 11:30am: Strength Training (no class) 1pm: Current Events 1-3pm: Pickleball/ <b>3:05pm-LESSONS</b> 2pm: Senior Council Meeting 2:15pm: Big Band Dance Fitness	8am: Men's Coffee Group 8:30am: Seniorcise (no class) 10am- 10:45am: S.M.I.L.E. class <b>Trip: 9am The National Zoo (Washington D.C.)</b> 10am: Pinochle 11:30 am: Zumba 1-3pm: Pickleball 2:15pm: Barefoot Stretch n Flow 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Horseshoes 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing Group 10:30am: German Conversation 11:30am: Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Group	8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi 10am: Grand Slam Bridge Group <b>10:30am: Bingo!</b> 10:30am: Coupons For Military 11am: Basic Dog Obedience Class <b>Noon: September Birthdays</b> 1 pm: Photo Contest AWARDS!	
8am: Men's Coffee Group 9am: Chair Yoga 9:30am: Contract/Duplicate Bridge <b>9:30am: Beginning Bridge classes</b> 9:30am-11:30 am: Line Dancing 10am: Mah Jong/Chess <b>10:30am: Day at the Races</b> 10:30am: In the Mood Big Band Dance 12pm: New Neighbors Bridge 1pm: Table Games 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class			<b>***BOSTON TRIP LEAVES THURSDAY, SEPTEMBER 19<sup>TH</sup> and RETURNS MONDAY, SEPTEMBER 23<sup>RD</sup>***</b>	 Fitness Room Open  M-F 8am- 5:00pm	Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.

Mon	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
 <p>Fitness Room Open M-F: 8:00am- 5:00pm</p>	<p>8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 10am: Canasta / Mexican Train 10am: Military History <b>11:30am: Easy Strength Training</b> 1pm: Current Events 1pm-3pm: Pickleball 2pm: Hospitality Committee Mtg. 2:15pm: Big Band Dance Fitness 3:05pm: Senior Pickleball Lessons</p>	<p>8am: Men's Coffee Group 8:30am: Seniorcise (no class)</p> <div>Trip: 9am US Naval Academy Annapolis</div> <p>10am: Pinochle 10am-10:45am S.M.I.L.E. class 10:30am: Wii Games- library 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation <b>11:30am: Easy Strength Training</b> 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group</p> <p><b>1:30pm Bill Sheads- Men's Film Fest</b></p>	<p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi 10am: Grand Slam Bridge Group <b>10:30am: BINGO</b> 11am: Basic Dog Obedience Class 11:30am: Power Walk Club 1pm: Table Games</p>	
<p>7 8 am: Men's Coffee Group 9am: Chair Yoga 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am-11:30am: Line Dancing 10am: Mah Jongg / Chess <b>10:30am: DAY AT THE RACES</b> 10:30am: In the Mood Big Band Dance 11am: Feldendkrais class 12pm: New Neighbors Bridge 4:30- 6pm: Art Class 7pm-10pm: Clock Repair Class</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Mexican Train 10am: Military History <b>10am-11:30am: Introduction to Digital Scanning - FREE class</b> 11:30am: Strength Training 1pm: Current Events 2:15pm: Big Band Dance Fitness 1pm-3pm: Pickleball 3:05pm: Senior Pickleball Lessons</p>	<p>9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am-10:45am S.M.I.L.E. class 10:30am: Wii Games- library 11:30am: Zumba 1pm-3pm: Pickleball 2:15pm: Barefoot Stretch n Flow 7pm-10pm: Clock Repair Class</p>	<p>10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation <b>11am: Speaker- "Aging Gracefully"</b> 11:30am: Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group <b>2pm- 3:30pm: Introduction to Digital Scanning- FREE class</b></p>	<p>11 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> TRIP: 9am Woodlawn/Pope Leighey House 9:30am/10:30am: Tai Chi 10am: Grand Slam Bridge Group <b>10:30am BUNCO</b> 11am Rummy 11am: Basic Dog Obedience Class 11:30am: Power Walk Club 12pm: Table Games 12:30pm: Corn Hole</p>	<p>12 <b>Fall Festival</b></p>
<p>14 <b>Columbus Day</b> 8am: Men's Coffee Group 9am: Chair Yoga 9:30 am: Contract Bridge 9:30 am: Duplicate Bridge 9:30am-11:30am: Line Dancing 10am: Mah Jongg / Chess 10:30am: Bunco 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Mexican Train 10am: Military History 10am-3pm: AARP Driver Safety Class 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Big Band Dance Fitness 3:05pm: Senior Pickleball Lessons</p>	<p>16 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> Trip: 9:30am Graves Mt Lodge 10am: Pinochle <b>10am- 10:45am S.M.I.L.E. class</b> 10am-3pm: AARP Driver Safety Class 11am MOVIE &amp; POPCORN 11:30am: Zumba 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>17 8am: Men's Coffee Group 9:30am: Horseshoes 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group</p>	<p>18 8am: Men's Coffee Group <b>8:30am Nov./Dec. Trip Registration</b> 9:30am/10:30am: Tai Chi 10am: Grand Slam Bridge Group <b>10:30am: BINGO</b> 11am: Basic Dog Obedience Class Noon Table games</p>	<p>19</p>
<p>21 8 :00am: Men's Coffee Group 9am: Chair Yoga 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am-11:30am: Line Dancing 10am: Mah Jongg / Chess <b>11am: Shepherd Center Speaker- Transportation Program</b> 12pm: New Neighbors Bridge 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Mexican Train 10am: Military History 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:15pm: Big Band Dance Fitness <b>3pm: Senior Pickleball Lessons</b></p>	<p>23 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> TRIP: 10am Riverside Dinner Theater- Les Miserables 10am: Pinochle 10am- 10:45am S.M.I.L.E. class 10:30am: Crafts 11:30am: Zumba 1pm-3pm: Pickleball 2:15pm: Barefoot Stretch n Flow 7pm-10pm: Clock Repair Class</p>	<p>24 8am: Men's Coffee Group 9:30am: Horseshoes 9:30 am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group</p> <p>2:15pm: Sit &amp; Get Fit class</p>	<p>25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi 10am: Grand Slam Bridge Group 10:30am: Coupons For The Military 11am: Basic Dog Obedience Class <b>11:30am: Halloween Party – Pot Luck</b> 12pm: Table Games 12:30pm: Corn Hole</p>	<p>26</p>
<p>28 8 am: Men's Coffee Group 9am: Chair Yoga (no class) 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am-11:30am: Line Dancing 10am: Mah Jongg / Chess <b>10:30am: DAY AT THE RACES</b> 12pm: New Neighbors Bridge 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta 10am: Mexican Train 10am: Military History 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Big Band Dance Fitness 3pm: Senior Pickleball Lessons</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: 10:45am S.M.I.L.E. class 10:30am: Crafts 11:30am: Zumba <b>Noon: OCTOBER BIRTHDAYS!</b> 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>31 <b>Halloween</b> 8am: Men's Coffee Group 9:30am: Horseshoes 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing Group 10:30am: German Conversation 11:30am: Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group 2:15pm: Sit &amp; Get Fit</p>		<p>Check out our web site <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a></p>

**Happy Halloween**



Mon	Tue	Wed	Thu	Fri	Sat
 <p>Fitness Room Open M-F 8am- 5pm</p>				<p>1</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi <b>10:30am: BINGO</b></p> <p><b>11am: Basic Dog Obedience Class</b> 1pm – Table Games</p>	<p>2</p> <div> <p><b>TRIP: 10:45am</b> <b>Kennedy Center</b></p> <p><b>Sister Act</b></p> </div>
<p>4</p> <p>8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am-11:30am: Line Dancing 10am: CARD DAY 10am: Mah Jongg / Chess <b>10:30am: DAY AT THE RACES</b> <b>11am: Feldendkrais class</b> <b>2:15pm: Chair Yoga \$5.</b> 4:30pm- 6pm Art Class 7pm-10pm: Clock Repair Class</p>	<p>5</p> <p>8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 10am: Canasta/ Mexican Train 10am: Military History <b>11:30am: Easy Strength Training</b> 1pm: Current Events 1pm-3pm: Pickleball 2pm: Hospitality Committee Mtg. <b>2:15pm: Big Band Dance Fitness</b> 3pm: Senior Pickleball Lessons</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am Seniorcise 10am Pinochle 11am Movie Day 11:30am Zumba 1pm-3pm: Pickleball</p> <p>7pm-10pm: Clock Repair Class</p>	<p>7</p> <p>8am: Men's Coffee Group 9:30am – Adv. Contract Bridge 10:30am German Conversation <b>11:30am: Easy Strength Training</b> 1pm- 3pm – Pickleball 1pm-4pm – Millennium Art Group <b>2:15pm: Sit &amp; Get Fit</b></p>	<p>8</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise <b>10:30am: BUNCO</b> <b>9:30am/10:30am: Tai Chi: Adv. /Beg.</b> 11am: Rummy 11am: Basic Dog Obedience Class <b>11am: "Tibetan Singing Bowls"</b> 11:30am: – Power Walk Club 12:30pm: Corn Hole</p>	<p>9</p>
<p>11</p> <p><b>Veterans Day - Center Closed</b></p> 	<p>12</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta 10am: Mexican Train 10am: MILITARY HISTORY 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3pm: Senior Pickleball Lessons</p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise <b>10am: Pinochle</b> Trip 9am Hollywood Casino</p> <p>11:30am Zumba</p> <p>1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>14</p> <p>8am: Men's Coffee Group 9:30am – Adv. Contract Bridge 10:30am German Conversation 11:30am – Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm – Pickleball 1-4 pm: Millennium Art Group 2:15pm: Sit &amp; Get Fit</p>	<p>15</p> <p>8am: Men's Coffee Group 8:30am: – Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg <b>10:30am: BUNCO</b> 11am: Rummy 11am: Basic Dog Obedience Class 11:30am: – Power Walk Club 12pm:– Table Games 12:30pm: Corn Hole</p>	<p>16<sup>th</sup> and 17<sup>th</sup></p> <p><b>HOLIDAY CRAFT SHOW</b> Fairfax HS</p>
<p>18</p> <p>8am: Men's Coffee Group 9:30am: Contract Bridge <b>9:30am-11:30am: Line Dancing class</b> 10am: CARD DAY 10am: Mah Jongg / Chess 11am: Feldendkrais class 1pm: Table Games <b>2:15pm: Chair Yoga</b> 7pm-10pm: Clock Repair Class</p>	<p>19</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta 10am: Mexican Train 10am: Military History 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball <b>3pm: Senior Pickleball Lessons</b></p>	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: <i>Mystery Trip</i></p> <p>11:30am: Zumba 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>21</p> <p>8am: Men's Coffee Group 9:30 am – Adv. Contract Bridge 10am: Fabric Fanatics Sewing Group 10:15am: <b>Fairfax Antique Arts Assn. -</b> Speaker: <i>First Pilot in Fairfax County</i> 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 1pm-3pm: – Pickleball 1pm-4pm: – Millennium Art Group 2:15pm: Sit &amp; Get Fit</p>	<p>22</p> <p>8am: Men's Coffee Group 8:30am: – Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg <b>10:30am: BINGO</b> 10:30am: Coupons For The Military 11am: Basic Dog Obedience Class 11:30am: – Power Walk Club</p> <p>1pm: Table Games</p>	<p>23</p> <p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.</p>
<p>25</p> <p>8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am – 11:30am Line Dancing 10am – CARD DAY 10am – Mah Jongg / Chess <b>10:30am: DAY AT THE RACES</b> 1pm Table Games <b>Noon: November Birthdays!</b> 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class</p>	<p>26</p> <p>8am - Men's Coffee Group 8:30am -- Seniorcise 10am: Canasta 10am – Mexican Train 10am – Military History 11:30am – Strength Training 12pm - Speaker Aging in Place 1pm: Current Events 1pm- 3pm: Pickleball 2pm: Senior Council Meeting</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>11:30am: Thanksgiving Luncheon</b> <i>Harp player- Chris Van Dyke</i></p> <p>11:30am Zumba 1pm-3pm: Pickleball</p>	<p>28</p> <p><b>Thanksgiving - Senior Center Closed</b></p> 	<p>29</p> <p><b>Thanksgiving Holiday - Senior Center Closed</b></p> 	<p>30</p>

Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am-11:30am: Line Dancing 10am: Mah Jongg / Chess 11am: Feldendkrais class Noon – New Neighbors Bridge 1pm Table Games 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 10am: Canasta/ Mexican Train 10am: Military History <b>11:30am: Easy Strength Training</b> 1pm: Current Events 1pm-3pm: Pickleball 2pm: Hospitality Committee Mtg. 3pm: Senior Pickleball Lessons	8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip 10am: United States Supreme Court 11am: MOVIE & POPCORN 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class	8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation <b>11:30am: Easy Strength Training</b> 1pm-3pm: Pickleball 1pm- 4pm : Millennium Art Group 2:15pm: Sit & Get Fit	8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group <b>10:30am – BINGO</b> 11:30am: Power Walk Club 11am: Basic Dog Obedience Class 12:30pm: Corn Hole 2pm – Trip Committee Meeting	Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.
9 8am: Men's Coffee Group 9:30 am – Contract Bridge 9:30am – Duplicate Bridge 9:30 am – 11:30am Line Dancing 10am – Mah Jongg / Chess <b>10:30 am – DAY AT THE RACES</b> Noon – New Neighbors Bridge 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class	10 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta 10am: Mexican Train 10am: Military History 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball	11 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip 11:15am National Cathedral (with Tea) 11am: MOVIE & POPCORN 11:30am: Zumba 1pm-3pm: Pickleball	12 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: – Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm– 4pm: Millennium Art Group 2:15pm: Sit & Get Fit	13 8am: Men's Coffee Group 8:30am: – Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group <b>10:30am: Bunco</b> 11am: Rummy 11am: Basic Dog Obedience Class 11:30am: Power Walk Club 12:30pm: Corn Hole	14
16 8am: Men's Coffee Group 8:30am Jan./Feb Trip Registration 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am- 11:30am: Line Dancing 10am: Mah Jongg / Chess 1pm: Table games 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class	17 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta 10am : Mexican Train 10am: Military History 11:30am: Strength Training 1pm: Current Events 1pm-3pm: Pickleball	18 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip 10:30am Arena Stage – Tappin' Thru Life 10:30 am: Wii Games- library 11:30 am: Zumba 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class	19 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 11:30am: Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Group 2:15pm: Sit & Get Fit	20 8am: Men's Coffee Group 8:30am :Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group <b>11:30am: Christmas Party Potluck Luncheon</b> 11:30am: Power Walk Club 12pm: Table Games 12:30pm: Corn Hole	21 
23 8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am: 11:30 am Line Dancing 10am: Mah Jongg / Chess <b>10:30am – DAY AT THE RACES</b> Noon – New Neighbors Bridge 2:15pm: Chair Yoga 7pm–10pm: Clock Repair Class	24 8am: Men's Coffee Group 10am: Canasta 10am: Mexican Train  <b>Closed at Noon</b>  <i>Christmas Eve</i>	25 Happy Holidays! Senior Center Closed 	26 8am: Men's Coffee Group 9:30am – Adv. Contract Bridge 10:30am German Conversation 11:30am – Strength Training 1pm-3pm: Pickleball 1pm- 4pm – Millennium Art Group	27 8am: Men's Coffee Group 10am: Grand Slam Bridge Group <b>10:30am – Bingo</b> 10:30am: Coupons For The Military 11:30am: Power Walk Club  Noon: December Birthdays  1pm: Table Games 12:30pm: Corn Hole	28
30 8am: Men's Coffee Group 9:30am: Contract Bridge 9:30am: Duplicate Bridge 9:30am: 11:30 am Line Dancing 10am: Mah Jongg / Chess <b>11:30am: New Year's Pizza Party \$</b>	31 8am: Men's Coffee Group 10am: Canasta 10am: Mexican Train 10am: Military History  1pm: Current Events 1pm-3pm: Pickleball				31

# Trips and Guidelines

All trips include transportation. New two month Registration will begin this season. Walk-in registration will start at 8:30am.

**Monday, August 19 for the September/ October Trips.**

**Friday, October 18 for November/ December Trips**

on-line reservation, at [www.fairfaxva.gov](http://www.fairfaxva.gov), will open up at 8:30am the following day.

Please be considerate when signing up so we can accommodate everyone.

Cancellations must be 1 week prior to the event for a refund. This gives staff time to find a replacement from the waiting list.

When a purchased ticket is required – For example: theater tickets – ALL SALES ARE FINAL – unless a replacement is found.

For further Trip information please check [www.fairfaxva.gov/seniorcenter](http://www.fairfaxva.gov/seniorcenter) or call into Green Acres Senior Center.

**We appreciate your cooperation on the trip. Please follow these guidelines while participating on the trips:**

- A trip chaperone will accompany all trips and is in charge during the trip.
- To ensure safe and organized travel, everyone must stay in the same seat on each leg of the trip.
  - Driver will have directions. Please do not talk or distract the driver while he is driving.
  - Please be considerate of the trip schedule, and be on time.

**Enjoy your trip!**

## Trips

### TRIP SCHEDULE (September-December)

Destination	Location	Date	Day of the Week	Leaving Time	Return Time
Maryland Live! Casino	Anne Arundel, MD	4-Sep	Wednesday	9:30 AM	4:30 PM
Renaissance Festival	Crownsville, MD	14-Sep	Saturday	9:00 AM	4:30 PM
Old Town Alexandria	Alexandria, VA	18-Sep	Wednesday	9:30 AM	3:00 PM
National Zoo	Washington, DC	25-Sep	Wednesday	9:00 AM	3:00 PM
United States Naval Academy	Annapolis, MD	2-Oct	Wednesday	9:00 AM	4:30 PM
Woodlawn/Pope Leighey House	Alexandria, VA	11-Oct	Friday	9:00 AM	2:45 PM
Graves Mountain Lodge	Syria, VA	16-Oct	Wednesday	9:30 AM	5:30 PM
Riverside Dinner Theater - Les Miserables	Fredricksburg, VA	23-Oct	Wednesday	10:00 AM	6:00 PM
Kennedy Center - Sister Act	Washington, DC	2-Nov	Saturday	10:45 AM	4:15 PM
Hollywood Casino	Charlestown, WV	13-Nov	Wednesday	9:00 AM	4:45 PM
<i>Mystery Holiday Trip- TBA</i>	???	20-Nov	Wednesday	???	???
United States Supreme Court	Washington, DC	4-Dec	Wednesday	10:00 AM	4:00 PM
National Cathedral (with Tea)	Washington, DC	11-Dec	Wednesday	11:15 AM	5:15 PM
Arena Stage - Tappin' Thru Life	Washington, DC	17-Dec	Tuesday	10:30 AM	5:15 PM

# Classes

## Senior Classes

**Chair Yoga** – Mon, 9-10am: 9/9-10/28 = \$40; 11/4 = \$5; 11/18-12/23 = \$30; \$8/class

**Line Dancing** – Mon, 10:30am **Beg.** - 9:30am **Int.:** 9/16-11/4, 11/18-1/6/14 = \$45@, \$75 both; \$8/class

**Awareness thru Movement - Feldenkrais** – Mon, 11am-Noon: 9/9-10/28, 11/4-12/30 = \$50@; \$10/class

**Seniorcise** - Tue/Wed/Fri, 8:30-9:30 am: 9/10-27, 10/1-30, 11/5-27, 12/3-20 = \$40-50@, \$140 All; \$8/class

**Easy Strength** - Tue or Thu, 11:30 am-12:30 pm: 9/10-26, 10/1-31, 11/5-26, 12/3-19 = \$11-14@; \$8/class

**Big Band Dance Fitness** – Tue, 2:15-3:15 pm: 9/10-10/29 = \$40; 11/5-12/10 = \$30; \$8/class

**Pickleball Lessons** – Tue, 3:05-4 pm: 9/24-10/15, 10/22-11/12, 11/19-12/10 = \$20/session

**S.M.I.L.E.: Seniors Making Innovative Lifestyle Easy** – Wed, 10-10:45 am: 9/4-10/9, 10/16-11/20 = \$40@

**Sit & Get Fit** – Thu, 2:15-3:15 pm: 9/12-10/31 = \$40; 11/7-12/19 = \$30; \$8/class

**Tai Chi Chuan** – Fri, 9:30-10:30 am **Beg.:** 9/13-11/1 = \$40; 11/8-12/20 = \$30; \$8/class

**Clock Repair Class** – Mon and Wed, 7-10 pm: 9/4-12/23 = \$210.

**Art Class** – Mon, 4:30-6:00 pm: 9/16-11/4 = \$72.

**Introduction to Digital Scanning** - Tue, 10/8: 10-11:30am, **OR** Thu, 10/10: 2-3:30pm – BOTH FREE

**Beginning Bridge Lessons** - Mon, 9/30-11/4: 9:30-11:30am - FREE

## Adult Classes at Green Acres Center

**Suga Foot Zumba** – Mon and Wed, 8-9:15pm: 9/4-12/23. Passes: 5 = \$30, 10 = \$55, 20 = \$100; \$7/class

**B-Fit** – Tue/Thu/Fri, 9:30-10:30 am: 9/10-10/31, 11/1-12/20 = \$90@; \$8/class

**Morning Pilates** – Tue/Wed/Fri, 10:30-11:30 am: 9/10-11/1, 11/5-12/20 = \$50/day/session; \$8/class

**Women's Self Defense** – Tue, 7-7:55 pm: 9/10-10/29, 11/5-12/17 = \$70/session

**Irish Social Dance** – Tue, 7:15-8:45 pm: 9/3-10/1, 10/8-11/12, 11/19-12/17 = \$33/session

**Evening Pilates** – Tue or Thu, 7:45-8:45pm: 9/3-10/24, 10/29-12/19 = \$55/day/session; \$115 All

**Traditional Indian Hatha Yoga** – Tue, 7-8:15 pm: 9/10-10/29 = \$70; 11/5-12/10 = \$53; \$10/class

**Cardio Strength** – Wed, 9:30-10:30 am: 9/11-10/30, 11/6-12/18 = \$55@; \$8/class

**Zumba Fitness** – Wed, 11:30 am-12:30 pm: 9/11-10/30, 11/6-12/18 = \$60; \$8/class

**Barefoot Stretch n Flow** – Wed, 2:15-3:15 pm: 9/11-10/30 = \$50, 11/6-12/18 = \$40; \$8/class

**Yoga** – Thurs, 10:30-11:30 am: 9/12-10/31, 11/7-12/19 = \$55/session; \$8/class

**Clogging I** – Thu, 8-9 pm: 9/5-11/7, 11/14-2/13/14 = \$75/session

**Sin Moo Hapkido Martial Arts** – Mon and Wed, 6:30 pm-8 pm: 9/9-11/13, 11/25-2/12/14 = \$75/session

**Yoga Winter Solstice Salute** – Tue, 7-8:15 pm: 12/17 = \$12

## "Your" Plan Fitness Classes

September 10 – December 20: \$200 - Choose to Fit Your Schedule!

Tuesday

9:30 am – B-Fit

10:30 am – Pilates

Wednesday

9:30 am – Cardio Strength

10:30 am – Pilates

11:30 am – Zumba

Thursday

9:30 am – B-Fit (Zumba Tone)

10:30 am – Yoga

Friday

9:30 am – B-Fit

10:30 am – Pilates

*No Classes Nov. 11, 28, 29, Dec. 25, and Jan. 1, 2014*



# Upcoming Events

August 19, 8:30am	September-October Trip Registration Begins
August 30, 11:30am	Labor Day Cookout- registration required- please bring dish
September 2	Center Closed Labor Day Holiday
September 10, 10am	Northern Virginia Senior Olympics: <b><i>Bocce and Horseshoes</i></b>
	Registration required pick up forms at senior center or on line at <a href="http://www.nvso.us">www.nvso.us</a>
September 19, 10:15am	Fairfax Antiques and Arts: <i>Summer Collections from Home</i>
September 20, 9am- 2pm	Flu Shot Clinic-Salad Works Potluck- shots provided by Walgreen
September 20, 5pm	Senior Center Photo Contest: ENTRIES DUE!
September 27, 1pm	Photo Contest: Presentation of Winners!
October 10, 11am	Speaker: "Aging Gracefully" with Dr. Frey -sign up at front desk
October 15/16, 10am – 3pm	AARP Driver Safety Program – Pre-registration required
October 18, 8:30am	November-December Trip Registration
October 21, 11am- Noon	Shepherd's Center Speaker- <i>Transportation Program</i> please sign up at front desk
October 25, 11:30am	Halloween Party - Pot Luck Luncheon  please bring dish
November 8, 11am	Speaker: " <i>Tibetan Singing Bowls</i> " with Leo Weltman
November 21, 10:15am	Fairfax Antiques and Arts- Speaker: <i>First Pilot in Fairfax County</i>
November 27, 11:30am	Thanksgiving Luncheon – sign up at front desk
December 20, 11:30am	Christmas Party - Pot Luck Luncheon  please bring dish
December 30, 11:30am	New Year's Pizza Party and Celebration- pre registration required
	\$5 per lunch

# Senior Center Council

The Senior Center Council members are volunteers who work as a group on fundraiser and enhance the programs and activities of the City of Fairfax Senior Center.

The Senior Center Council officers are:

Chair- Gail Wade

Vice Chair- Jane Albro

Secretary- Camille McNeil

Treasurer -Paul Kavanaugh

PRAB -Jane Albro

COUNCIL MEMBERS

Marge Brooks

Paul Gauthier

Gerri Buroker

Frank Kelly

Marcia Clukey

Becky Perry

Aldo Domenichini

**Council Meetings are held the 4<sup>th</sup> Tuesday of each month at the senior center  
Please save the dates for the Senior Fund Raisers:**

**March 1, 2014 Flea Market at Green Acres**

**March 22, 2014 Appraisal Event at Sherwood**

## Senior Spotlight

### Green Acres Fellow Traveler



This issue's highlight of a Green Acres senior member is Mary Cocker. Mary was born in Georgetown, Washington D.C. and then moved to Arlington, Virginia at a very young age. Mary graduated high school from Washington and Lee. After high school Mary attended what is now known as Mary Washington University earning a degree in the field of Physical Therapy. Mary's career took her on various geographic adventures from Washington D.C., the wilds of West Virginia, to the big city life of Chicago.

Mary has an accomplished domestic life as well. She has managed to raise three children, and is currently married to her husband of fifty years. Mary is also very passionate about animal rights, and social justice.

Anyone who has spent time at Green Acres has noticed that Mary is a gym rat. Mary's routine in the gym consists of a steady cardio workout using the treadmill; she then proceeds to strength training with pushups, and finishes by using the chin up bars, and her favorite, the Swiss ball. One would assume that Mary uses these techniques based on her knowledge of physical therapy, but she revealed that her techniques come from fellow gym mates, whom provide her with motivation and a sense of spirit de corps.

Mary enjoys Green Acres as a source of resilience and enjoys the camaraderie of her fellow travelers, and is looking forward to heading up to Boston with the senior center in September, and continuing her daily workout routine.

Young at Heart Senior Center

4401 Sideburn Road

Fairfax, VA 22030

**Join us at the Senior Center**

**Learn something new and have some fun!**

**Call the center for details**

**703 273 6090**

**AMERICANS WITH DISABILITIES ACT**

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858